

# News Leader

FORT SAM HOUSTON

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO



AUGUST 25, 2011  
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**HEART  
OF TEXAS  
TRIATHLON**  
AUG. 28  
6:30 a.m.  
at FSH Aquatic  
Center



*"One Team, Supporting Military Missions and Family Readiness!"*

## ARNORTH observer-controller-trainers on front lines at Vibrant Response

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

In Army North's largest annual field training exercise, Vibrant Response 12, observer-controller-trainers are on the front lines of a huge exercise at the Muscatatuck Urban Training Complex, Ind., involving approximately 7,000 Soldiers, Sailors, Airmen, Marines and Department of Defense civilians from more than 100 units.

"Observer-controller-trainers are essential because they provide that subject matter expert oversight and insight needed to ensure the mission is not only successful, but carried out in accordance with all safety guidelines," said Capt. Michelle Martinez, Task Force Ops observer con-

See RESPONSE, P16

### Active Shooter/MASCAL Exercise

The 502nd Air Base Wing, 502nd Mission Support Group and Brooke Army Medical Center will conduct an Active Shooter/Mass Casualty exercise Sept. 7 from 1-5 p.m. in the Behavioral Health facility, Building 2528, to train first responders and ABW/MSG/BAMC staff. The exercise will test FSH incident response and recovery elements and will involve use of the installation mass notification and warning system, Giant Voice. All Giant Voice, computer and telephone communications will be preceded with "Exercise, Exercise, Exercise."



Photo by Neal Snyder

Lt. Gen. Rick Lynch, IMCOM commander, cuts the ribbon on the new IMCOM headquarters campus with (from left) IMCOM Command Sgt. Maj. Neil Ciotola, Sgt. Jeremy Brake, IMCOM noncommissioned officer of the year, IMCOM Headquarters Stalwart Award winner Wanda Stover, Fort Sam Houston Army Community Services volunteer of the year Nikki Longoria and Fort Sam Houston youth volunteer of the year Imani Trice-Gayden.



## Installation Management Command opens new headquarters on FSH

By Tim Hipps  
IMCOM Public Affairs

Lt. Gen. Rick Lynch and five representatives of the Soldiers, civilians and family members served by the U.S. Army Installation Management Command officially opened the command's new headquarters campus Aug. 19.

The ceremony officially completed IMCOM's Base Realignment and Closure-mandated move from Arlington

and Crystal City, Va., and Aberdeen Proving Ground, Md., to historic Fort Sam Houston, an Army stronghold since 1876.

Lynch, IMCOM commanding general and Assistant Chief of Staff for Installation Management, cut the ribbon alongside IMCOM Command Sgt. Maj. Neil Ciotola, IMCOM headquarters 2011 Stalwart Award winner Wanda Stover, IMCOM Noncommissioned Officer of the Year Sgt. Jeremy Blake, Fort Sam Houston

Army Community Services Volunteer of the Year Nikki Longoria and Fort Sam Houston Youth Volunteer of the Year Imani Trice-Gayden.

"I'd like to thank the magnificent workforce here at IMCOM," Lynch told the crowd of about 700 gathered beneath blue skies on an 84-degree morning as a Texas breeze blew through the six-building complex.

See IMCOM, P4

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# News Leader

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# Reusing or sharing prescription medications? Don't risk it!

By Capt. Francisco Boral  
99th Medical Support Squadron  
Nellis Air Force Base, Nev.

Have you checked your medicine cabinet lately? You may have unwanted antibiotics from a recent infection, surplus pain medication from when you had your wisdom teeth removed or extra sleeping pills from a recent bout of insomnia.

There are several reasons you may have leftover medications: you may have felt better and stopped your antibiotics early, which is never a good idea; your pain may have stopped and left you with extra tablets or your problem may be seasonal, like certain allergies.

When you have leftover medications, you should never take them the next time you feel sick, share them with a sick friend or flush them down a toilet. These actions can lead to potential misuse or abuse.

Prescription drug misuse and abuse is occurring more and more and it happens when someone intentionally takes a prescription medication in a way other than as prescribed.

According to the 2009 Substance Abuse and Mental Health Services



File photo

A pharmacy technician fills a prescription.

Administration's National Survey on Drug Use and Health, more than seven million Americans currently abuse prescription drugs.

A common misconception is that prescription drugs are safe under any circumstance because a doctor assigns them to us. The truth is that, while prescription medications can play an important role in our overall health, they also can have serious health risks when misused or abused.

So what's really wrong with taking leftover medications? A medication is prescribed for a specific condition. For example, specific antibiotics are effective against particular bacterial infections. That leftover antibiotic may not be effective against a new infection. In fact, taking an antibiotic for less than its full course of therapy

may cause bacteria to become resistant and more difficult to treat.

Sharing leftover prescription drugs with friends or family members also may have dangerous consequences. The shared medication may interact with your friend's current medications or an underlying medical condition, the dose may be wrong for your friend's body size or weight, or a serious side effect or allergic reaction may develop.

Sharing medications bypasses simple safety checks that doctors and pharmacists perform to prevent these types of occurrences.

Sharing prescription medication not only is dangerous to your health, in some cases it is illegal. The Air Force's policy on drug abuse applies to the use of illicit drugs and to the wrongful use and distribution of controlled prescription medications. Controlled substances are prescription drugs with a potential for abuse that can lead to addiction and dependence.

Have you ever noticed a warning label on your prescription that says "CAUTION: Federal law prohibits the transfer of this drug to any person

other than the patient for whom it was prescribed?"

This shows that it is a crime to share, possess or use someone else's controlled medications. This act is punishable under Article 112a of the Uniform Code of Military Justice. Wrongful use of medications may result in forfeiture of pay, loss of rank, dishonorable discharge or confinement.

To dispose of your medications, do not flush them down a toilet or put them down a sink. Only a few select medications with a high potential for abuse have been recommended by the Food and Drug Administration for flushing.

You may refer to the FDA website or check with the pharmacy for a complete list of approved medications for flushing. For medications not recommended for flushing by the FDA, contact your local trash and recycling service if a drug take-back collection program is available or check with local law enforcement stations for the location of drug disposal boxes and sites.

The Drug Enforcement Administration sponsors a National Prescription Drug Take Back Day cam-

paign every six months and provides venues to safely dispose of expired, unused or unwanted prescription medications.

The next event is scheduled for Oct. 29, 2011 and you DEA officials plan to release venue locations on their website ([http://www.dea diversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.dea diversion.usdoj.gov/drug_disposal/takeback/index.html)) in September.

If there is no drug take-back program available, most medications can be disposed in the household trash. Simply remove the drugs from the prescription containers, crush and mix with undesirable substances such as cat litter or coffee grounds. Then, place in a disposable container with a lid, such as laundry detergent or bleach bottle, seal with tape and place in the trash.

Having unused or expired prescription medications in the house increases the risk of misuse and abuse. Help safeguard your family's health and your career by disposing of unused prescription medications appropriately. Prescription misuse and abuse is not only dangerous, but it is also incompatible with the Air Force way of life.

## METC airman found guilty of wrongful use of cocaine

In a court-martial held Aug. 15-16 at Randolph Air Force Base, Airman 1st Class Jason Thompson, 382nd Training Squadron, Fort Sam Houston, Joint Base San Antonio, was found guilty of the wrongful use of cocaine by a panel of military officers.

On March 1, Thompson provided a urine sample for random drug urinalysis testing and

later that month, his sample was reported to his chain of command as positive for cocaine.

"The panel sent a message, loud and clear, that illegal drug use by Airmen will not be tolerated in the Air Force," said Maj. Anthony Spratley, trial counsel in the case.

"Drug abusers cannot hide their illegal drug use and expect not to get caught," Spratley added.

"This case demonstrates the Air Force's random drug urinalysis testing program works well and as designed."

In addition to the guilty finding, Thompson received a reduction in grade to E-1, confinement for 30 days, and a bad conduct discharge.

(Source: 502nd Missions Support Group Deputy Staff Judge Advocate)

## Weekly Weather Watch

	Aug 25	Aug 26	Aug 27	Aug 28	Aug 29	Aug 30
San Antonio Texas	102° Mostly Sunny	107° Partly Cloudy	108° Sunny	107° Sunny	105° Mostly Sunny	102° Mostly Sunny
Kabul Afghanistan	92° Partly Cloudy	92° Mostly Sunny	92° Sunny	88° Partly Cloudy	84° Scattered Showers	81° Scattered T-Storms
Baghdad Iraq	111° Sunny	112° Sunny	111° Sunny	110° Sunny	109° Sunny	108° Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))



## News Briefs

### **Labor Day run changes traffic patterns Sept. 1**

Stanley Road will be closed between Worth Road and Wilson Way from 5:30 to 6:30 a.m. Sept. 1, according to 502nd Mission Support Group officials.

The temporary closure is to support a Labor Day run sponsored by the Army Medical Department Center and School. People coming onto Fort Sam Houston during those times should be prepared to find alternative routes to work that day. Dickman Road will be open as a detour route and people and motor vehicles can cross Stanley Road at Schofield Road.

### **Civilian Payroll Office Move**

The Civilian Payroll Office for all Army and Air Force employees on Fort Sam Houston moved from Building 154 to Building 4196. All email and phone lines will remain unchanged. The Payroll Office hours are 9 a.m. to 3 p.m. Monday through Friday.

### **Women's Equality Day**

Fort Sam Houston will hold a women's equality day event Aug. 26, 10:30-11:30 a.m. at the Roadrunner Community Center, Building 2797 Stanley Road. Call 221-9543 for information.

### **Practical Nurse Course Graduation**

The graduation ceremony for the Brooke Army Medical Center Practical Nurse Course, 68WM6, Class 10-10, will be held Aug. 29 at 9 a.m. in the Roadrunner Community Center, Building 2797 Stanley Road. All are welcome to attend. Call 295-4163 or 295-4050 for information.

### **BAMC Valet Parking closes Aug. 31**

Brooke Army Medical Center will no longer offer valet parking service after Aug. 31. This temporary service was offered during the period of 2005 Base Realignment Closure construction and renovation to lessen stress for patients with appointments. The new 5,000-space parking complex is now open and provides parking space for patients and staff. The first level of the garage has 800 spaces designated for patient parking with access to shuttle service through Sept. 23.

### **Feds Feed Families Campaign**

The Feds Feed Families Cam-  
**See NEWS, P4**

# ARNORTH leads large-scale terrorism response exercise

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

With less than a month until the opening of the 9/11 Memorial in New York, and the Flight 93 Memorial in Shanksville, Pa., the Army unit responsible for responding to large-scale domestic terrorism and natural disasters is conducting exercises in Indiana involving 7,000 Soldiers, Sailors, Airmen, Marines and Department of Defense civilians responding to a simulated 10-kiloton nuclear detonation in Cincinnati.

The Vibrant Response 12 exercise, conducted by U.S. Army North, focuses on the Department of Defense mission to support civil authorities after a disaster.

"No American can ever forget, or will ever forget, the loss

of nearly 3,000 lives on Sept. 11, 2001," said Lt. Gen. Guy Swan III, Army North commanding general.

"With those terrible events in mind over the last 10 years, there continues to be a new focus from federal, state and local organizations to work together so we're better prepared," Swan added. "Exercises like Vibrant Response ensure U.S. Army North remains able to quickly respond to the unimaginable, and ensure that whatever the size and scope of the disaster, we will be there — where and when it's needed."

Vibrant Response 12 is a U.S. Northern Command field training exercise for the specialized response forces dedicated to respond to any chemical, biological, radiological or nuclear incident.

"This is the fourth year



Photo by Staff Sgt. Keith Anderson

U.S. Army North members meet at the beginning of the training day to play the placement of volunteer "distressed civilians" for many of the day's training scenarios during Vibrant Response 12.

we've held these Vibrant Response exercises," said Lt. Col. Thomas Bright, chief, Exercise Branch, U.S. Army North.

"Because of these exercises, we've been able to improve the DOD's ability to work with partners like the Fed-

eral Emergency Management Agency, and we've improved the capabilities and speed of DOD response forces."

The exercise is in phases, like an actual response.

**See TERRORISM, P16**

## ARSOUTH, partner nations complete PANAMAX 2011 exercise

By Robert Ramon  
ARSOUTH Public Affairs

U.S. Army South and representatives from several partner nations marked the successful completion of Fuerzas Aliadas PANAMAX 2011 as the 12-day exercise came to a close at Fort Sam Houston Aug. 25.

Armed and security forces from 17 nations took part in the annual U.S. Southern Command and U.S. Army South sponsored exercise PANAMAX 2011, which took place at Fort Sam Houston, Miami, Naval Station Mayport (Fla.), the Stennis Space Center (Miss.) and off the coasts of Panama from Aug. 15 to 26.

PANAMAX 2011 brings together sea, air and land forces in a joint and combined opera-



Photo by Eric R. Lucero

Members of the Colombian Army work with a U.S. Army South Soldier to organize scenario maps during Fuerzas Aliadas PANAMAX 2011 at the Coalition Forces Land Component Command headquarters at Fort Sam Houston, Texas, Aug. 19.

tion focused on defending the Panama Canal from attacks by an organized terrorist group as well as responding to natural disasters and pandemic outbreaks in various locations.

"One of the most important benefits of the PANAMAX exercise is that all participants are able to exchange their experiences and expertise," said Maj. Gen. Simeon G. Trombitas, U.S. Army South commanding general.

"The countries participating in this exercise share common interests and PANAMAX enhances those links by fostering friendly, mutual cooperation and understanding between participating nations."

This year's PANAMAX exer-

**See PANAMAX, P7**



# News Briefs

## from P3

paign runs through Aug. 31. Donate non-perishable food or personal hygiene products, drop-off boxes are available at the FSH Commissary and the 502nd Mission Support Group headquarters, Building 122 on Stanley Road. Call 295-1098 for more information.

### 2011 Freedom Walk & Run

The event is Sept. 10 beginning at 8:30 a.m. at the Jimmy Brought Fitness Center, Building 320 Wilson Road. The first 500 registrants will receive a T-shirt. Join Fort Sam Houston in honoring military families and first responders while remembering the 10th anniversary of 9/11. This is a non-competitive event. Strollers and pets are welcome. Sponsored in part by Operation Homefront of Texas.

### 9/11 Commemorative Ceremony

A ceremony to commemorate the 10th anniversary of the 9/11 attacks will be held Sept. 11 from 7:30-9 a.m. at Alamo Plaza. The event is free and open to the public.

### Spouses' Conference

The "It's Not Easy Being Green" spouses' conference is Sept. 22-23 from 8:30 a.m.-2:15 p.m. at Dodd Field Chapel. Military spouses from all branches of service are welcome to attend. The cost is \$5. The two-day event offers guest speakers, informative classes, food, prizes and free child care. Register by Sept. 16 at <http://militaryfamilies.wufoo.com/forms/its-not-easy-being-green-spouse-conference/>, call 221-9826 or 221-2585 for information.

### Army's Funded Legal Education Program

The Office of the Staff Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under this program, active duty commissioned officers, second lieutenant through captain, may attend law school at government expense. Interested officers should review Chapter 14 of AR 27-1 (The Judge Advocate General's Funded Legal Education Program), to determine their eligibility, review the AHRC website for branch specific contact information at <http://www.hrc.army.mil> or contact their local Staff Judge Advocate for more information: Army North and Fort Sam Houston at 221-0484, Army South at 295-6325; Army medical Department Center & School at 295-9893; or Medical Command at 221-8400.

## IMCOM from P1

"We're going to dedicate a building, but the building is nothing without the people. For the remarkable Soldiers and civilians who work at IMCOM headquarters, thank you for what you do every day because you're making a difference.

"I tell people you've got a choice in life, you can read history or you can make history, and indeed you're making history on a daily basis," the general added.

The newly constructed headquarters building in the center of the campus was inspired by the surrounding Spanish Colonial Revival style buildings. It incorporates environmental practices supported by the Army's Strategy for the Environment.

The facility is designed to achieve Leadership in Energy and Environmental Design Silver certification, a national benchmark for the design, construction and operation of high-performance green buildings. This achievement required planning by the client, building owner, architects, engineers and contractors.

"I had the chance to recognize almost 150 individuals who were intimately involved in the construction of this facility Aug. 18 and it's a magnificent facility, no doubt," Lynch said. "If you take the time to read the details in the program, you'll see it's a 300,000-square-foot facility that cost our nation about \$120 million and it's exactly what we needed and expected. The building itself is superb.

"This building, the way it's constructed, allowed us to reduce our energy consumption by 24 percent. I know that for a fact because when I'm sitting in my office and typing emails, if my fingers are not wildly active, the lights go out.

"I also know we've reduced the water consumption in this facility by 50 percent," Lynch said. "You have to lead by example, so the building itself is superb and for the folks who've had anything to do



Photo by Neal Snyder

The color guard from Army Support Activity Fort Sam Houston wears uniforms from various eras in Fort Sam Houston history.

with the construction of the building, you have our appreciation."

The purpose of the building, however, exceeds the perfection of the facility.

"Our purpose is to provide our Soldiers, our civilians, and their families with a quality of life commensurate with their quality of service – that's our purpose," Lynch said. "And that purpose will never change."

Lynch vowed to help the Department of Defense with the nation's struggle to reduce a \$14.3-trillion debt.

"As a result of the ends being the same and the means being reduced, we have to modify our ways," Lynch said. "And how we're going to modify those ways is a function of this building. We're going to spend time in this building talking about how we can indeed continue to accomplish the end state with reduced resources.

"I spend zero time worrying about our Army or our other services because of the service members. I'm just so proud of what they do. When they look in the mirror the reflection back is somebody who sacrificed themselves for the greater good, and they continue to re-enlist in droves. As I say all the time, I'm humbled

to be in their presence, all the time," he said.

Lynch worries more about the impact of war upon military families than the troops themselves.

"I'm worried to death about the impact on our families," he said. "Ten years of war has taken a toll. Ten years of war are difficult for our family members."

Lynch pointed out that 146,279 children went to bed the night before while their mother or father was deployed.

"And oh, by the way, their mom or dad had been deployed to combat two or three times before," he said. "That is having a significant impact on our children and it's evidenced by behavior in schools and academic performance. What we do at IMCOM is focus on efforts to mitigate that impact.

"So it's not just a building. It's a people with a passion to focus on our purpose, and this facility and this campus gives that opportunity to do that."

Lynch applauded civic leaders of San Antonio for welcoming IMCOM to "Military City USA."

"We know that we can establish this as our home because the people of San Antonio have made us feel

so, so very welcome, and we promise to return the favor," Lynch said.

"We promise to establish a relationship with the leadership and the people of San Antonio, so together we can work towards that purpose of providing our Soldiers, our civilians and their families with the quality of life that is commensurate with their quality of service."

IMCOM Command Sgt. Maj. Neil Ciotola seconded that sentiment while speaking about the "unabashed compassion" of IMCOM Soldiers and civilians.

"I say to you here today that we at this campus are more than equal to the challenges of today and those that we must confront tomorrow," Ciotola said. "That we shall, that we must, commit ourselves to doing it more efficiently and effectively. That those who yearn for the knowledge and insight required to take our Army and our nation down a new path need only do this simple thing: come to San Antonio, come to Fort Sam Houston, and while you're at it, come to Installation Management Command.

"As a community, as your Army, as a command, we'll show you the way, and we'll do all that is required."







Photo by Eric R. Lucero

Members of the Colombian army work on a computer-based scenario during Fuerzas Aliadas PANAMAX 2011 at the Coalition Forces Land Component Command headquarters at Fort Sam Houston Aug. 19.

### **PANAMAX from P3**

cise was notable in that it was the first time the land component was led by the Colombian military at Fort Sam Houston, rather than by U.S. Army South.

“Having them lead the land component portion of the exercise is a testament to our strong partnership with Colombia and represents the great professionalism, strength and expertise of their military leadership,”

Trombitas said. “It also shows the full interoperability of our forces and partner nations.”

Since its inception in 2003, PANAMAX has grown into one of the largest multinational training exercises in the world.

“The PANAMAX exercises have grown with each passing year,” said Cmdr. Belsio G. Gonzalez Sanchez, director for the National Aeronaval Service in the Republic of Panama.

“The initiative, begun in 2003 by the United States, Chile and Panama, now welcomes 17 countries to participate in one of the largest and most modern training exercises carried out anywhere in the world,” Gonzalez Sanchez added.

Representatives from 10 nations, who supported both the multinational headquarters and land

component staff, worked side-by-side at Fort Sam Houston with the Army South staff.

“Working with the great officers of our partner nations sent here for the exercise has been a highlight for many of us,” said Col. John J. Donoghue, U.S. Army South operations officer.

“Not only do exercises like PANAMAX make us all better professionally and more interoperable as military forces,” Donoghue said, “but we also have the opportunity to make lasting professional and personal connections at the individual level as well.”

This year, in addition



Photo by Kaye Richey

(From left) Neyza Reyes, assistant to the vice minister of public safety, and Commander Belsio G. Gonzalez Sanchez, director for the National Aeronaval Service in the Republic of Panama, visit with Maj. Gen Simeon G. Trombitas, commanding general U.S. Army South, at the ARSOUTH headquarters on Fort Sam Houston Aug. 16 prior to the start of Fuerzas Aliadas PANAMAX 2011.

to the United States, participants from Argentina, Belize, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador,

El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay and Peru took part in the exercise.



# New NCO living quarters opens at Fort Sam Houston

By Lori Newman  
FSH Public Affairs

The Army calls it barracks, the Air Force called it a dormitory and the Navy refers to it as their ships, but 96 single noncommissioned officers living on post now call it home.

A ribbon-cutting ceremony and open house officially opened the new NCO Living Quarters on Wilson Way Aug. 23.

The new two-story

building will house single NCOs from all branches of service.

"This building represents more than just a place for our service members to lay their heads, this building represents the investment our military has put into our single service members," said Command Sgt. Maj. Donald Freeman, 502nd Mission Support Group command sergeant major.

"It represents our na-

tions' commitment to provide these patriotic men and women a quality of life that is commensurate with their level of service to the United States of America."

Freeman credited the Better Opportunities for Single Service Members program for helping to ensure to quality of life for single service members on post.

"All the services have made monumental strides in supporting our mili-

tary families for years," Freeman said. "However, the quality of life for our single service members just didn't keep pace in most cases.

"Currently only about 30 percent of

Army families live on the installation, while a full 95 percent of our single Soldiers reside on post," he added.

About 30 NCO's who were living in Benner Barracks have already moved into the new facility.

"When I walked in, I thought it was like a hotel," said Sgt. Toby Longoria.

Longoria said he likes to cook, so he will be taking advantage of the kitchen.

"The rooms in Benner Barracks are 118 square feet," explained Jose Garcia, facility manager. "In the new NCO living quarters, the rooms are 150 square feet."

Each room consists of two bedrooms, each with a walk-in closet, a kitchen with a sink, stove

and full-size refrigerator and a bathroom.

"The closet is more than big enough," Longoria said.

"I can control what I eat now," said Sgt. Holly

Hunt, who also made the move from Benner Barracks. "It's quieter over here. I like it a lot."

"At Benner Barracks I felt like a private, now I feel like an NCO," Longoria said. "I work as an NCO, I am an NCO and now I can live like one."

Each room consists of two bedrooms, each with a walk-in closet, kitchen with sink, stove and full-size refrigerator and a bathroom.



Photos by Lori Newman

Command Sgt. Maj. Donald Freeman, Jose Garcia, Sgt. Jodi Tilton and Chief Master Sgt. Juan Lewis cut the ribbon Aug. 23, officially opening the new Noncommissioned Officer Living Quarters on Wilson Way.



# Wilford Hall transition brings AAAHC survey

By Sharon Winston  
59th Medical Wing Compliance Office

As Wilford Hall Medical Center transitions to the Wilford Hall Ambulatory Surgical Center Sept. 15, the medical facility's accreditation must convert from the Joint Commission to the Accreditation Association for Ambulatory Health Care.

The first step in the accreditation process will be an AAAHC survey Sept. 26-29, 2011.

The survey will evaluate the organization's compliance with AAAHC standards for ambulatory health care and to determine if accreditation should be awarded to, or retained by, the organization.

Through an emphasis on education and consultation, the ultimate purpose of the accreditation process is to improve the quality of health care delivered by this organi-

zation.

The above named organization has voluntarily requested this survey as a means of having a review of the entire organization to build upon strengths or identify opportunities to improve the delivery of quality health care.

Members of the general public, patients, and individuals on the staff of this organization, believing that they have pertinent and valid information about this organization's provision of health care or compliance with AAAHC standards, may request an information presentation with AAAHC surveyors at the time of the survey for the purpose of presenting such information, or may communicate such information in writing or by telephone to the AAAHC.

All information received from identified individuals at or prior to the survey will be considered in making the

accreditation decision. The information presented will not be debated with the reporting individual.

Contact the 59th MDW Compliance Office at 292-6979 for more information about the AAAHC survey.

Requests for presentation must be received at least two weeks prior to the survey in order to allow sufficient time to schedule the presentations.

Requests for public information presentations or reporting of pertinent and valid information may be communicated in writing or by telephone to AAAHC at the following address and telephone number:

Accreditation Association  
for Ambulatory Health Care,  
Inc.

5250 Old Orchard Road,  
Suite 200  
Skokie, IL 60077  
Telephone: (847) 853-6060  
FAX: (847) 853-9028

## PULLING OFF A DAY OF FUN FOR 470TH MIB



Photo by Gregory Ripps

The 470th Military Intelligence Brigade Headquarters and Headquarters Detachment and the brigade's 401st MI Company top off a day of friendly competition with a tug-of-war. The 401st won and also walked away with the trophy for all the day's competitions. Members of the two organizations, joined by family members, came together for a day of recreation at Splashtown Aug. 12.

# Programs aim to reduce number of Soldiers not medically ready for deployment

By Maria Gallegos  
BAMC Public Affairs

Army Medicine is committed to promoting, sustaining and enhancing Soldier's health by training, developing and equipping a medical force that supports a full spectrum of operations in delivering leading edge health services to warriors and families.

The Army Medical Command recently launched a campaign to reduce the number of Soldiers who are not medically ready for deployment by synchronizing, integrating, and coordinating programs, policies and initiatives in an effort to improve the medical readiness of the Army.

This involves providing necessary management tools and information to support commanders and to reduce the number of Soldiers who are not medically ready for worldwide deployment.

The campaign encompasses multiple initiatives in developing and

implementing new policies, processes and programs to increase unit and individual medical readiness with the help of two primary electronic systems, Military Protection System (MEDPROS) and e-Profile software programs.

"By providing commanders with tools to assist in the management of their Soldier's medical readiness requirements, leaders will be able to identify their medically not ready Soldier population through all phases of the Army Force Generation cycle, which will enable commanders and Army Medicine to implement the necessary medical management programs," said Maj. Gen. Richard Stone, Deputy Surgeon General for Mobilization, Readiness and Reserve Affairs.

The Medical Protection System was developed by the Army Medical Department to track all immunization, medical readiness, and deployability data for all Active and Reserve components

of the Army as well as Department of the Army civilians, contractors and others. It is a powerful tool allowing the chain of command to determine the medical and dental readiness of individuals, units, and task forces.

A software application, e-profile was built within the Medical Operational Data System suite that allows global tracking of Army Soldiers who have a temporary or permanent medical condition that may render them medically non-deployable.

Components of the application includes: Automated Profile Form using the Artificial Intelligence Process; MOS Medical Retention Board Status Tracking; Medical Evaluation Board Status Tracking; Physical Evaluation Board Status Tracking and Statistical Reporting of all Components of the e-Profile Application; Medical Specialty Referral for Soldiers and e-Profile contains PHI and is required to be HIPAA

Compliant.

"Commanders and medical leaders at various echelons are responsible for the use and implementation of MEDPROS and e-profile to measure and manage their unit and individual medical readiness status," Stone said.

According to Stone, the campaign is designed to inform and support commanders and leaders at all levels of the Army, Soldiers, and health care personnel.

The program's mission is to expedite the healing process, ultimately enabling Soldiers to perform their duties and decrease the timeline for identifying a Soldier's medical retention determination point and to increase sustained confidence in the medical readiness system with programs to integrate overall wellness, injury prevention and human performance optimization.

"We [Army Medicine] realize that all Soldiers heal differently

and at different paces," Stone added. "It is our intent to ensure that a Soldier is receiving the care needed as well as progressing towards the goals established by a care plan."

According to the Army's website, over the last decade the Army has seen a decrease in overall fitness of Soldiers entering initial training.

To counteract the changes, the Soldier Athlete Initiative was introduced to focus on training Soldiers with an emphasis on physical readiness, improved nutrition, and injury prevention.

This training will improve the overall physical balance and resilience of a Soldier to face the challenges of full-spectrum operations on the battlefield.

The newly revised physical readiness training manual will focus on building muscular strength, aerobic and anaerobic endurance while improving mobility and reducing injuries which has shown to improve physical training tests with fewer injuries.

In an effort to support the mission of the program, the Army Medical

Command has started a pilot program to prevent and treat injuries during basic training.

Muscular-Skeletal Action Teams were introduced to various training units with physical therapists, athletic trainers and other experts assisting with physical conditioning and injury prevention and treatment.

"This campaign includes an effort to improve overall health, resiliency, and reduce injury rates throughout the Army with focused emphasis on the Initial Entry Training Soldier population and Soldiers in the Army Force Generation cycle," Stone said.

"It also supports the overall effort to improve wellness, knowledge of healthy lifestyle decisions, and ensure a more resilient force."

Stone explained that providing training, education and synchronization of all medical readiness processes within commands is the goal of this campaign that is led by a partnership between the Army's Public Health Command and TRADOC.





A group of runners in the Black Knight 5K-ish Challenge approach the half-way point where they will consume six doughnuts and a small carton of milk before they can proceed to the finish line.



## 201st MI Battalion raises funds with ‘real gut check’

By Gregory Ripps  
470th Military Intelligence Brigade

If you were given the choice of running five kilometers or consuming six doughnuts and a glass of milk, which would you choose? What if you could choose to do both?

That’s what participants in the Black Knight 5K-ish Challenge

did to help raise money for the 201st Military Intelligence Battalion’s upcoming dining-in. They called it “the real gut check.”

Sixty-five contestants gathered at the flagpole on Stanley Road before the first rays of sunlight crept over the horizon.

At 6:30 a.m., they were off toward the half-way point next to the 470th Military Intelligence Brigade’s headquarters building. There they were met by Family Readiness Group volunteers handing out boxes, each containing a

half-dozen Krispy Kreme doughnuts and small cartons of milk.

Runners and walkers then had to stop and consume their “breakfast.” As each one washed down the last crumb, a volunteer stuck a star on his or her running number to verify consumption was complete.

Then they were on their way again, back to where they started. When all participants returned, they donned paper caps to confirm they had completed the challenge. But the event

was not over. Some of the more adventurous participants engaged in a separate doughnut-eating contest. These adventurous few were given six more donuts, with liquid as needed.

Chief Warrant Officer 2 John E. Flores, who headed up the event along with Chief Warrant Officer 2 Chad Brown, recognized the more illustrious distinctions of some of the contestants. Unique among them was an award for “Just Making It Back” (for finishing last) and another one for “Best Hurl” (self explanatory). Only one entrant earned that one.

Flores said an event held in North Carolina called the Krispy Kreme Challenge was the inspiration for this fundraiser. That event involved running two miles, eating a dozen donuts, and then running two more miles. It attracted 5,000 runners.

“I was very, very pleased with the turnout,” said Flores, who explained that his battalion could publicize



Photos by Gregory Ripps

After finishing the five-kilometer course, strong-stomached contestants engage in a doughnut-eating contest in the final event of the Black Knight 5K-ish Challenge.

See 201ST MIB, P13



# Army stresses caution, education to combat social media scammers

You just signed up for a Facebook profile and a four-star general already wants to be your friend. Good thing right? Not likely.

Fake profiles, impostors and online scams litter the social media landscape, and as social media evolves, so do the tactics of online crooks. As social media use becomes more prevalent in today's Army, many Army leaders and Soldiers recognize that effective social media education is the best way to keep Soldiers from falling into the traps set by social media scam artists.

"It's still the wild west out there," said Staff Sgt. Dale Sweetnam, the noncommissioned officer in charge of the Online and Social Media Division, or OSMD, in the Office of the Chief of Public Affairs. "You have to stay vigilant, protect your information and always be on the lookout for social media scams."

The Army authorizes the use of social media in both official and personal capacities, but Sweetnam said the threats are always present so education is key. Social media scam artists work tirelessly to steal personal information, impersonate Soldiers and try to acquire sensitive information.

"We are all familiar with the Nigerian money scam emails that used to plague our email accounts a few years ago, right? Well now that our online use has evolved, so have scammers," said Maj. Juanita Chang, the

Army's director of OSMD.

"If you are a scammer who wants to build someone's trust and then con them into sending you money, doesn't it make sense to steal the identity of someone America trusts – and nobody is held in higher esteem than our military members, so they make a lucrative case to impersonate," Chang said. "People inherently trust the military and wouldn't imagine being conned by a Soldier or a general with a chest full of medals."

In 2009, the Robin Sage Experiment effectively demonstrated how people respond to social media scams.

In December of 2009, Provide Security, a cyber security company, created fake Facebook, Twitter and LinkedIn profiles for a person they named "Robin Sage." Sage claimed to be "Cyber Threat Analyst."

Over the next few months, the fake persona collected hundreds of friends and over time, slowly extracted sensitive information from those in the intelligence and cyber communities.

Not only does the Robin Sage Experiment demonstrate how easy it is for someone to penetrate social media circles, it shows that even some of the most security-minded individuals are still susceptible to attacks.

Not every social media scam is as complex and thought out as the Robin Sage experiment. In many cases, people will simply go online, become

"friends" with a Soldier in uniform, steal the photo and use it as their own profile photo.

Some individuals have actually taken the identity of a deceased Soldier and used as to solicit money from unsuspecting victims.

One such incident was reported by the New York Post earlier this year. It happens to deceased Soldiers, active Soldiers and even Army leaders.

"I spend a few hours a week searching social media platforms for people posing as Army leaders," Sweetnam said. "We work hard to protect the digital integrity of our Army leaders. It's disappointing to find that there are so many scam artists out there, but for now, that's just the way it is."

Sweetnam said that fake Pages also exist for Army organizations, so he suggested that those interested in finding official Army social media presences should check out the Army's Social Media Directory.

Sweetnam said that regardless of how involved you are with social media, it's important to always be on the lookout for scams. He said that you should never "friend" someone you don't actually know in person on Facebook.

"You should also do periodic Google searches for your name to make sure nobody is using your name and likeness for personal gain. And, of course, always keep Operations Security in mind," Sweetnam said.

"OPSEC should always be the paramount concern," Sweetnam said. "Throughout our Army career, we are trained on the importance of OPSEC. Maintaining information security should apply not only during deployments, but each time you sign on to Facebook or Tweet."

Sweetnam said OSMD has produced and distributed dozens of training documents detailing effective and safe social media use. These materials can be found on the Army's Slideshare site.

One of the more comprehensive resources developed by the OSMD is the Social Media Handbook which examines everything from blogging to using social media for crisis communications.

To stay safe, the Online and Social Media Division suggests that social media users take several precautions when using social media:

- It's important to not share information that users don't want to become public.
- Verify a "friend" request by phone or other means before allowing access.
- Group "friends" (e.g., real life, co-workers, strangers, etc.) and control access permissions based on the groups.
- Take a close look at all privacy settings. Set security options to allow visibility to "friends only."
- Users should be careful about what they post about their lives on social media platforms. Once something is out there, users can't control where it goes.

• Be cautious when listing job, military organization, education and contact information.

• Ensure that information posted online has no significant value to the enemy. Always assume that the enemy is reading every post made to a social media platform.

• Closely review photos before they go online. Make sure they do not give away sensitive information which could be dangerous if released.

• Make sure to talk to family about operations security and what can and cannot be posted.

• Create different, strong passwords for each online account. Never give password information away.

"Social media is an exciting space," Sweetnam said. "There is a lot the Army can achieve using social media and there are endless benefits for Soldiers and their families. But we have to be safe and we have to be on the lookout for those who wish to ruin a good thing."

*(Source: Social Media Division, U.S. Army Office of the Chief of Public Affairs)*

## Edwards Aquifer Level

in feet above sea level  
as of Aug. 24

**CURRENT LEVEL\* = 641.0'**

\*determines JBSA water conservation stage

**Normal - above 660'**

**Stage I - 660'**

**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**



## 201ST MIB from P12

the event only within the building. "We raised more than \$600 for the Black Knight Fund."

Recognition was as follows: first-place runner: Spc. Alex Acla; second-place runner: 1st Sgt. Jason Hunt; first-place walker: Sgt. Douglas

Lewis; second-place walker: Spc. Samuel Poindexter; "Took It Like a Champ" trophy: 1st Sgt. Jason Hunt; "Best Hurl" trophy: Sgt. James

Buie; "Just Making It Back" (finishing last): Spc. Jason Swanson; and doughnut-eating champion: Spc. William Mueller.





Ryan Blanck, a prosthetist at the Center for the Intrepid puts the finishing touches on a new IDEO. The IDEO is a new energy-storing orthopedic device made from carbon and fiberglass that weighs between a pound and a pound-and-a-half. Blanck designed the IDEO and custom-fits each one for every wounded warrior that it is made for.



# ORTHOPEDIC DEVICE

## helping wounded warriors return to run

By Steven Galvan  
U.S. Army Institute of Surgical Research

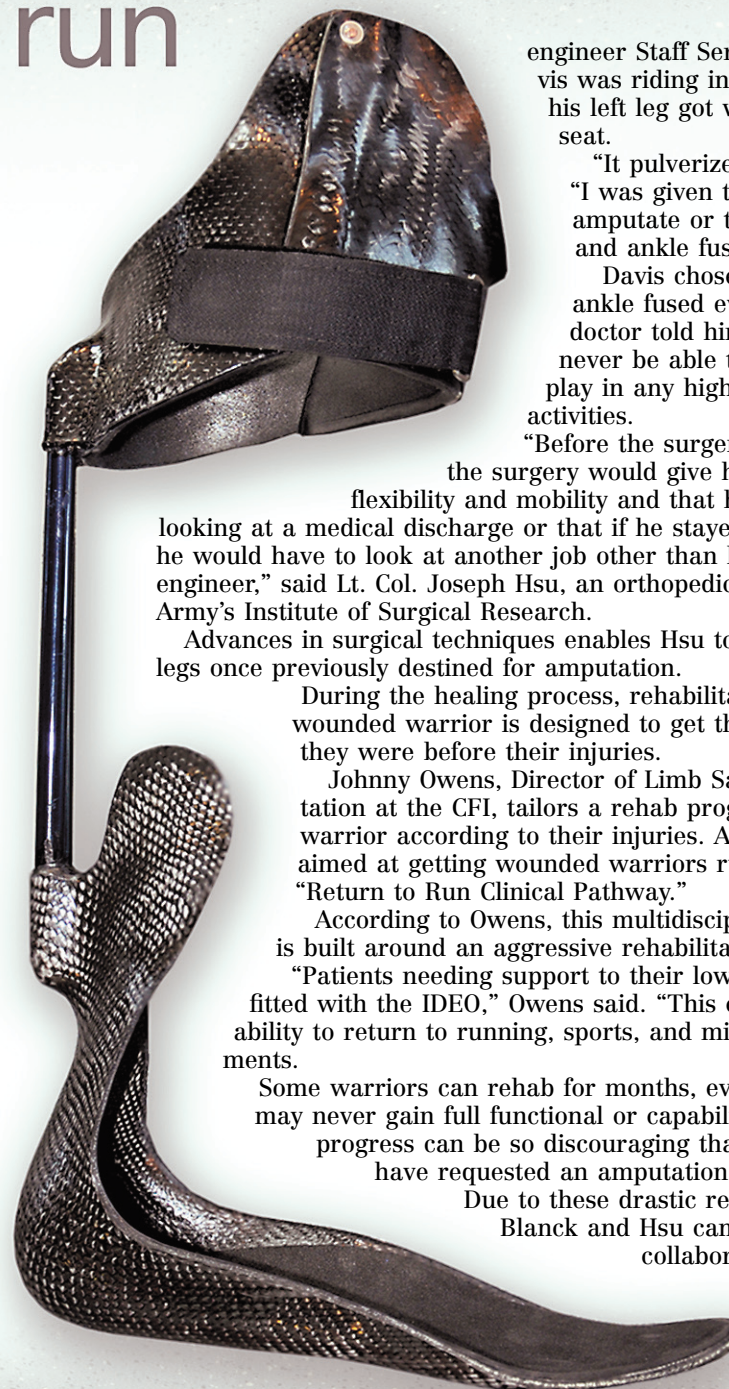
A new energy-storing orthopedic device along with an extensive rehabilitation program is allowing wounded warriors who previously had difficulties walking or standing due to lower leg injuries to run again.

The Intrepid Dynamic Exoskeletal Orthosis (IDEO) was designed by prosthetist Ryan Blanck at the Center for the Intrepid (CFI). It is a custom-fit device made from carbon and fiberglass that supports the foot and ankle and resembles an amputee's running prosthetic.

The ability to run can be the difference whether a wounded warriors is allowed stay on active duty and to return to their units after having been considered for a medical discharge from the military.

During a mission in Iraq in 2009, a Soldier from with the Army's 4th Brigade Combat Team, 1st Armored Division at Fort Bliss, Texas, was in that situation after injuring his left leg in a roll over.

While on patrol, the Mine Resistant Ambush Protected (MRAP) vehicle that combat



engineer Staff Sergeant Philip Davis was riding in rolled over and his left leg got wedged under his seat.

"It pulverized it," Davis said. "I was given two options – to amputate or to have the foot and ankle fused."

Davis chose to have his ankle fused even after his doctor told him that he would never be able to run, jump, or play in any high-energy sporting activities.

"Before the surgery, I told him that the surgery would give him very little

flexibility and mobility and that he was probably looking at a medical discharge or that if he stayed in the Army, he would have to look at another job other than being a combat engineer," said Lt. Col. Joseph Hsu, an orthopedic surgeon at the Army's Institute of Surgical Research.

Advances in surgical techniques enables Hsu to salvage mangled legs once previously destined for amputation.

During the healing process, rehabilitation for each wounded warrior is designed to get them back to how they were before their injuries.

Johnny Owens, Director of Limb Salvage Rehabilitation at the CFI, tailors a rehab program for each warrior according to their injuries. A rehab program aimed at getting wounded warriors running is called "Return to Run Clinical Pathway."

According to Owens, this multidisciplinary program is built around an aggressive rehabilitation plan.

"Patients needing support to their lower legs can be fitted with the IDEO," Owens said. "This enables them the ability to return to running, sports, and military deployments."

Some warriors can rehab for months, even years and may never gain full functional or capabilities. This lack of progress can be so discouraging that some warriors have requested an amputation.

Due to these drastic requests, Owens, Blanck and Hsu came together in a collaborative effort under Hsu's guid-

The Intrepid Dynamic Exoskeletal Orthosis was designed by Ryan Blanck, a prosthetist at the Center for the Intrepid, to help wounded warriors with lower leg injuries run and jump again. The IDEO is a new energy-storing orthopedic device made from carbon and fiberglass that weighs between a pound and a pound-and-a-half. Blanck designed the IDEO and custom-fits each one for every wounded warrior that it is made for.



ance to combine the critical surgical, orthotic design, and rehabilitation into one process.

"We came together because we noticed that there were a large number of wounded warriors who were considering or wanted late amputations," Owens said.

"During rehab, most of these young, highly motivated, and physically fit warriors were getting discouraged after seeing amputees with prosthetics who are able to run, jump, and participate in sporting activities."

A late amputation is not as simple as a warrior saying "amputate." It is a lengthy process that involves extensive counseling, but it can be an option for some wounded warriors.

"That was not an option for me," Davis said. "I wanted to run again when I began rehab. I pushed myself. I was determined to stay in the Army as a combat engineer and join my unit."

After a few months of rehab, Davis was able to walk, but with a severe limp, and he couldn't run or jump.

"Then I was told about the IDEO. After being fitted with it and shown how to properly use it, I felt the difference almost instantly," said Davis.

The IDEO is custom-made using a mold from the warrior's leg. The three-piece device fits in shoes and boots. The top piece that is shaped like the top portion of a prosthetic leg is placed just below the knee. Both pieces are held together by a sturdy and flexible support bar.

The upper and lower sections are joined by a carbon fiber dynamic response strut system originating from prosthetic technology used with the high-activity amputee population within the Department of Defense.

"The way it works is very much like a runner's prosthetic," Blanck said. "As the warrior steps on it and moves forward, the energy of the foot piece is transferred to the back of the foot piece with a spring motion."

In order to maximize the full benefits of the IDEO, warriors go through extensive rehab sessions. During the initial sessions, warriors are trained on how to step with the device.

As they progress through the rehab, they are introduced to more stringent training that involves running and jumping up and down and side to side. Then weights are introduced into the rehab.

"They have to get used to it and learn how it works," Owens said. "Once they feel comfortable with the IDEO, we encourage them to push themselves without overdoing it."

Sixteen months after his injury, Davis was able to return to his unit as a combat engineer and ready to deploy.

"I'm able to move like I did before the injury," he said. "I can run, jump, and play my favorite sport: softball. But most of all, I kept my job as a combat engineer."

Since its inception, 143 wounded warriors have been fitted with the IDEO.

The majority of its recipients are in combat arms specialty jobs like the Navy SEALs and Army Rangers. The IDEO is allowing these warriors to run, parachute, and perform demanding physical activities required from these

Special Forces members.

"After a couple of years of using one, I had a Soldier who didn't need it anymore," Owens said. "The IDEO helped him regain full use of his leg and no longer requires it."

Davis is still using the IDEO. He is amazed at what he can do with it.

"I was playing outfield during a softball game. When a ball was in my direction, I was able to take off and chase it down," he said. "I didn't realize what I had done until after I caught the ball."

"In another instance, I was playing second base. I was able to turn a double-play. That's pretty hard for a lefty, but once it again, I was able to do it because of the device – it did what it was supposed to do."

The IDEO is working for Davis and many other wounded warriors who want to be physically active, redeploy with their units or just lead a normal life.

Spc. Michael Krapels, a member of the Chosen Company, 2nd Battalion, 503rd Infantry Regiment, was told by his doctors at Walter Reed Army Medical Center that he would not redeploy to Iraq or Afghanistan after taking a gunshot to his lower leg.

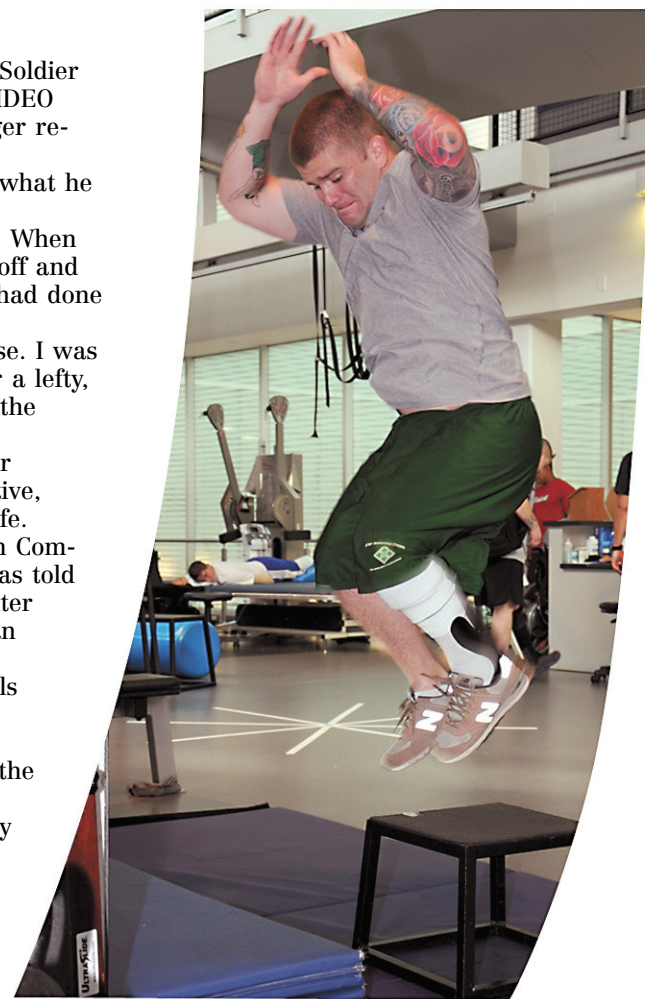
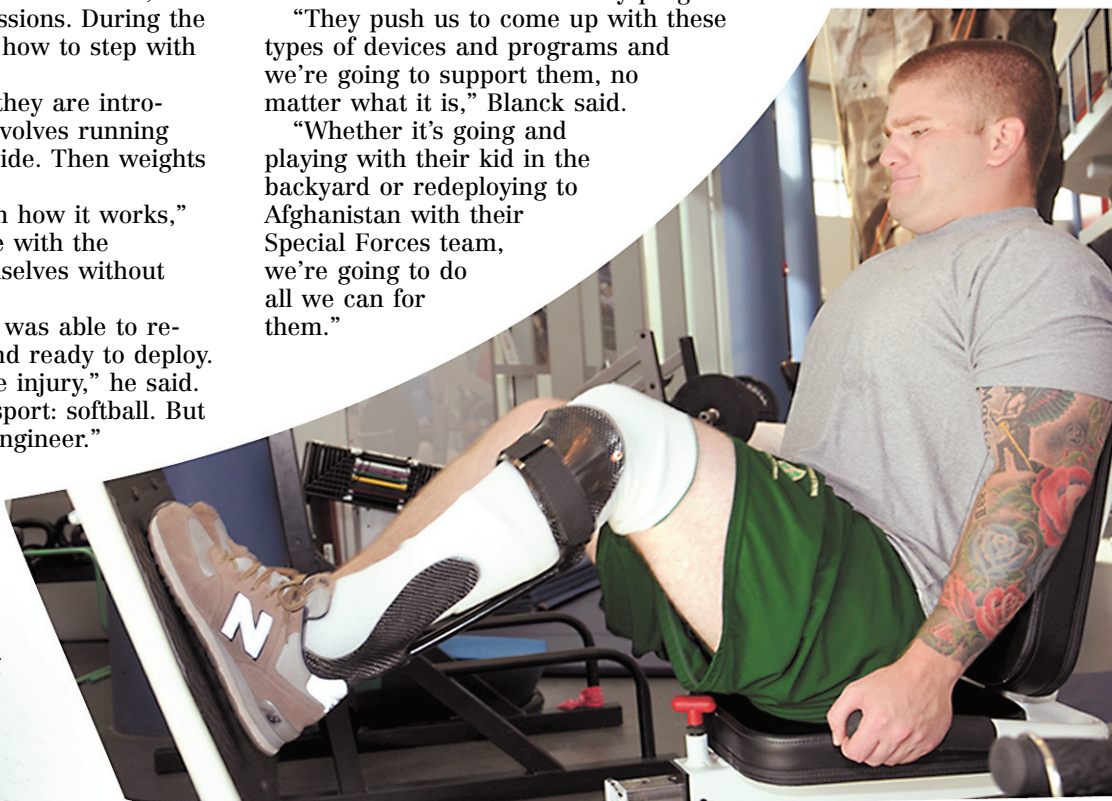
"I was told I was going to lose my leg," Krapels said.

After hearing about the IDEO, he requested temporary orders to Fort Sam Houston to see if the device would work for him and it did. Krapels is now going through some intense physical therapy to prepare for another tour overseas with his unit.

Wounded warriors like Davis and Krapels are just two examples of warriors who motivated Blanck to develop the IDEO and join forces with Hsu and Owens to develop the Return to Run Clinical Pathway program.

"They push us to come up with these types of devices and programs and we're going to support them, no matter what it is," Blanck said.

"Whether it's going and playing with their kid in the backyard or redeploying to Afghanistan with their Special Forces team, we're going to do all we can for them."



(Above, left, far left)

Spc. Michael Krapels is able to jump side-to-side using the IDEO on his left leg. Before the IDEO, he could only walk on straight surfaces. Now he is running, jumping up and down and side-to-side and preparing to deploy overseas with his unit – the Chosen Company, 2nd Battalion, 503rd Infantry Regiment.

Photos by Steven Galvan



RESPONSE from P1

troller trainer, U.S. Army North.

Martinez, who makes sure the appropriate trainers are available for each Task Force Ops mission at the Muscatatuck Urban Training Complex, said that trainers participate in every aspect of a mission.

“O/C/Ts are involved in planning, move- ment, the mission itself, safety and many other aspects,” Martinez said. “For example, trainers ensure service members treat the distressed civil- ians they encounter with respect and urgency. These people must be triaged and evacuated as quickly as possible.”

“Missions in a chemi- cal, biological, radiologi- cal or nuclear conse- quence management role are often complex, and O/C/Ts often serve as coach and mentor,” said Marine Staff Sgt. Joseph Wilson, Task Force Ops chemical bat- talion observer control- ler trainer, U.S. North- ern Command.

“We give them techni- cal advice to lead them on the right path,” Wil- son said. “The number- one focus is safety.”

This year, more than



Photos by Staff Sgt. Keith Anderson

Paul Condon (left), Exercise Control Forward deputy director, U.S. Army North, provides feedback to unit leaders after a training mis- sion to evacuate “patients” from a nursing home Aug. 19. Soldiers from the 501st Area Support Medical Company, 86th Combat Support Hospital, Fort Campbell, Ky., and the 66th Military Police Company, 504th MP Battalion, 42nd MP Brigade, Joint Base Lewis- McChord, Wash., evacuated patients from a nursing home as part of Vibrant Response 12, an annual U.S. Northern Command field training exercise conducted by U.S. Army North.

220 service members and civilians from First Army; Army North; Northern Command; the National Guard Bu- reau’s Joint Interagency Training and Education Center; and the Fort Leavenworth, Kan., Mis- sion Command Training Program served as ob- server controller train- ers for the exercise.

“This is the first year we’ve done anything like that,” said Bob Townsend, deputy chief of operations group, U.S. Army North.

The O/C/Ts attended a

two-day academy before assuming their roles for the exercise.

Karen Lloyd, who recruited many of the O/C/Ts and ran the acad- emy, said volunteering to serve as an O/C/T is valuable experience.

“It’s good experience for anyone,” Lloyd said. “It’s good leadership experience and great military professional development, and it’s particularly beneficial for those going to work in a defense support of civil authorities environment.”



Capt. Michelle Martinez (right), observer controller trainer, Task Force Ops, U.S. Army North, watches as mortuary affairs Soldiers of the 111th Collection Company, 530th Combat Sustainment Support Bat- talion, 49th Group, collect a simulated casualty Aug. 20 during Vibrant Response 12. (From left to right) Fort Lee, Va.-based mortuary affairs specialists Spc. Tene Williams, Pfc. Santricia Whitaker, Spc. Kwame Williams and Pfc. Clarissa Perez, 111th Collection Company, collect a casualty after Soldiers from the 172nd Chemical Company, 2nd Chemical Battalion, 4th Chemical Brigade, discovered the “victim” during a site mitigation mission in the area.

TERRORISM from P3

In the first days of the disaster, local, county and state emergency responders provide im- mediate lifesaving and life-sustaining services, while federal forces from around the nation mobilize and deploy to provide large-scale and specialized emergency support functions.

ARNORTH sent in two different response forces to continue to save more lives and provide support to the people affected by the disaster. These response forces were controlled by two separate joint task force headquarters tasked to synchronize the mis- sions of a very complex response effort.

During the exercise, command and control elements at Camp At- terbury coordinated with unit commanders on the ground at Musca- tatuck Urban Training Center, Jennings County Fairgrounds, Jefferson Proving Grounds, Forward Operating Base Panther, and other venues, and coordinated with local, state and federal agencies.

“(The way we respond to catastrophes today) is in large part a direct result from the lessons learned ... things we could have and should have done in our re- sponse to Hurricane Katrina,” said U.S. Air Force Maj. Gen. Jona- than Treacy, commander of Joint Task Force-Civil Support, Fort Eustis, Va.

“One of the ways we do things here during Vibrant Response is to take a complex system that has multi-overlap- ping authorities in place ... and make us one very responsive group of orga- nizations ... federal, state, and the other agen- cies that are not DOD,”



Photo by Staff Sgt. Keith Anderson

Soldiers from the 501st Area Support Medical Company, 86th Combat Support Hospital, Fort Campbell, Ky., evacuate “patients” from a nursing home Aug. 19 during Vibrant Response 12. In the exercise scenario, members of the military’s 5,200-person Defense CBRN Response Force provide lifesaving and life-sustaining sup- port after a simulated 10-kiloton nuclear detonation in Cincinnati.

Treacy said.

Military responders support many of the functions of the National Response Framework.

Their missions cover a myriad of tasks, such as setting up com- munications, clearing routes, building shelter for displaced civilians, getting food, water, medical supplies and other necessities and equipment. Missions also include providing medi- cal care and evacua- tion, mortuary affairs, providing aerial imagery, testing for chemical, biological, radiological and nuclear elements, decontamination, assist- ing law enforcement with evidence collection and many others.

“The entire exercise, start to finish, is very challenging,” said Col. David Theisen, Task Force Ops commander, DCRF.

“It’s very realistic training that provides our service members experi- ence in a homeland sup- port missions that most service members don’t have an opportunity to be exposed to,” Theisen said. “Rehearsing mis- sions now assures the

DOD, our partner agen- cies and the public that we’re prepared for this vital mission. At the end of the day, it’s Americans helping Americans.”

The missions are dif- ferent from what service members are used to.

“The difference is defi- nitely helping people on our own soil,” said Sgt. 1st Class Richard Savas- tano, platoon sergeant, 546th Military Police Company, 385th MP Battalion, 16th MP Bri- gade. “Normally, we’re overseas fighting a war. We’ve had to change our whole mindset.”

Many service members said they were grateful for the opportunity to serve their countrymen.

“It’s what I signed up for,” said Spc. Kyle Stewart, 546th MP Co. “I enjoy helping the nation, helping civilians.”

Stewart and his comrades from the Fort Stewart, Ga.-based military police company were transported by CH- 47 Chinook to Jefferson Proving Ground Aug. 21 to provide lifesaving medical care to “dis- tressed civilians” and bring them water and Meals-Ready-to-Eat.



# Carbonated beverages can cause serious damage to your teeth

By Staff Sgt. Robert Barnett  
59th Medical Wing Public Affairs

Drinking carbonated beverages and sports drinks can cause serious damage to your teeth.

According to Col. (Dr.) Alan Sutton, a prosthodontist for the 59th Medical Wing, the main ingredients in carbonated beverages are sugar and citric acids which increase your chances of severe tooth decay and gum disease.

Not only is the sugar content harmful to, but the acids attack and eat away at the tooth enamel, the strongest substance in the human body.

"Most of us find that when we are looking for something to drink at work, in the grocery store or on base, we typi-

cally skip the water and grab a soda, power drink, or energy drink," Sutton said. "This is the wrong choice. These drinks are extremely acidic."

Acidity is measured by what is called pH; the lower the pH, the more acidic the liquid. The human body's pH is around 6.8 to 7; the pH of many carbonated beverages is as low as 2, according to Sutton.

"This is about 100,000 times more acidic than water," he explained. "Once a liquid's acidity is below 5.5 pH, the enamel and dentin of our teeth will begin to dissolve."

New decay and tooth wear is common in young to middle aged adults, which is evidence that they have a chronic acidic drink habit causing dental erosion and cor-

rosion.

"Some people are addicts," he said. "These people drink 2-3 six-packs of soda each day. It sounds bad, because it is bad."

Citric and phosphoric acids are the main players in tooth destruction, and are commonly used by beverage companies to artificially create the various fruit flavors.

Citric acid is known to attract calcium, removing it from teeth.

Most people assume that sports drinks are a healthy choice when exercising or extremely thirsty. This may not be the best assumption to make. Like carbonated sodas, sports drinks also contain a high level of sugar.

"The ingredients in power drinks may be two



to three times as destructive as sodas," Sutton warned.

Many people even feel the carbonated beverages burn their throats.

"Some hold the soda in their mouths before swallowing. This action holds the acidic drink onto teeth for a longer time and more destruction occurs," he explained.

"People will then go and brush their teeth

to get the drink residue off because they know it is bad, but this could cause additional damage by scrubbing away even more enamel."

"Realize that our bodies are 55 - 60 percent water," he added. "So when you are thirsty, reach for water."

Water may also help fight the lack of energy due to dehydration. The energy drink or soda will only make dehydration worse.

"The bottom line is to always read the ingre-

dients on the label before drinking it. If the beverage contains acid and/or sugar, limit the amount you drink each day," he recommends.

Should you choose a soda, do not sip on it for the next hour.

Try to consume the drink within about 10 minutes and allow about 45 minutes for your saliva to neutralize and re-mineralize your teeth.

And, hopefully, we won't see you in the dentist chair with multiple, multiple cavities."

## Thought of the Week

*Prayer is the key of the morning and the bolt of the evening*

— Mahatma Gandhi

# Military's new response force jumps into action during Vibrant Response

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

The military's Defense Chemical, Biological, Radiological and Nuclear Response Force assumed the exercise mission from state response forces at Camp Atterbury, Ind., Aug. 18, while rehearsing the nation's tiered response capabilities during Vibrant Response 12, a U.S. Northern Command field training exercise conducted by U.S. Army North.

Within hours of arriving, the DCRF was performing search and extraction missions at the Muscatatuck Urban Training Complex.

The service members worked late into the night after small explosions at the training refinery simulated large-scale explosions. Responders performed mass casualty and decontamination for the simulated "victims" of the explosion.

"It was key that Title 10 (federal) forces arrive quickly and immediately begin assisting civil authorities in responding to this incident," said Paul Condon, Exercise Control



Photo by Staff Sgt. Keith Anderson

The military's Defense Chemical, Biological, Radiological and Nuclear Response Force assumes the mission from state response forces here Aug. 18 as a rehearsal of the DoD's tiered response capabilities in Vibrant Response 12, an annual U.S. Northern Command field training exercise conducted by U.S. Army North.

Forward deputy director, U.S. Army North.

In the United States, local and state authorities have numerous forces and capabilities to draw upon to conduct lifesaving and life-sustaining operations following a disaster. But when the scope of the disaster requires additional assistance, the U.S. military has additional response capabilities to support

civil authorities and to perform a variety of specialized missions as part of an overall federal effort.

The DCRF is a 5,200-person federal capability designed to assist civilian first responders to save lives, relieve human suffering and facilitate response operations following catastrophic chemical, biological, radiological and nuclear

events.

The DCRF deploys when directed as the Department of Defense's initial federal CBRN response force to provide search and rescue, decontamination, medical, aviation, communications and logistical support.

During Vibrant Response 12, local, state and federal disaster responders are rehearsing an escalating disaster

after a simulated 10-kiloton nuclear detonation Aug. 16 in downtown Cincinnati.

During the first 48 hours, local, state and federal elements worked quickly to save lives and mitigate suffering while additional federal responders from around the U.S. mobilized and moved to the disaster site.

"We have 18 aircraft here: eight CH-47 Chinooks, six UH-60s for medical missions and four UH-60s for general purpose missions," said Col. Randall Schwallie, Task Force Aviation commander, part of the DCRF.

Schwallie said his personnel are trained for military air missions, but the exercise is good for training his personnel to work with the large variety of military and civilian disaster response units and personnel.

"This is our chance to integrate with other task forces and rehearse support to civil authorities such as the Federal Emergency Management Agency and the Department of Homeland Secu-

rity," he said. Schwallie and the other aviation personnel are part of the 11th Aviation Command, Fort Knox, Ky.

Aviation assets are critical in a disaster, especially when roads are blocked or people need to be evacuated or receive immediate medical care.

The most challenging part of disaster operations is maintaining enough fuel during air operations, Schwallie said.

Aviation personnel were excited about the mission.

"This is why I joined the Army – to help my family and friends," said Sgt. 1st Class Matthew Fisher, CBRN staff noncommissioned officer, Task Force Aviation. The native of Louisville, Ky., said he appreciated the opportunity to serve in a unique homeland mission.

This is the initial confirmation exercise for the DCRF, which officially assumes its mission Oct. 1. The DCRF's structured to provide more lifesaving capability to an incident faster than the previous force.

# U.S. Army Criminal Investigation Command seeking special-agent candidates

The U.S. Army Criminal Investigation Command, commonly known as CID, is actively recruiting qualified Soldiers who are interested in pursuing a career as a federal law-enforcement officer.

Special agents with CID are some of the most highly-trained and experienced detectives in the law-enforcement arena. They are responsible for investigating felony-level crime that has an Army nexus, conducting protective-service operations, conducting counter-narcotic operations, developing criminal intelligence, and working with federal, state and local law-enforcement agencies worldwide.

"Without a doubt,

this is the best job in the Army," said Special Agent Erick Bryant, an 18-year veteran of CID who has mentored more than 100 apprentice special agents during his career. Asked if he feels like his work has made a difference in terms of protecting Soldiers and the Army as a whole, Bryant replies with a resounding, "Yes, absolutely."

Agent candidates go through 15 weeks of training during the CID Special Agent Course at the U.S. Army Military Police School and receive advanced training in several specialized investigative disciplines. Selected agents can receive advanced training at the FBI National Academy,

Metropolitan Police Academy at Scotland Yard, the Defense Academy of Credibility Assessment, and the Canadian Police College.

Agents also have the opportunity to pursue a master's degree in forensic science from George Washington University and enlisted agents have tremendous opportunities to become warrant officers.

"The training is fast-paced and thought-provoking covering everything from crime-scene processing to interviews and interrogations and was recently accredited by the Federal Law Enforcement Training Accreditation Board," said CID Command Sgt. Maj. Thomas Seaman,

who is also a CID special agent.

To qualify, applicants must be a U.S. citizen, at least 21 years old, be an E-4 or E-5 (non-promotable), with at least two years - but not more than 12 years time in service, have an ST score of 107 or higher, have at least 60 college credit hours (waiver of up to half of this prerequisite may be considered), have a physical profile 222221 or higher, with normal color vision and no record of mental or emotional disorders, a minimum of one year of military police experience or two years of civilian police experience (a waiver of this prerequisite may be considered).

With just 12 months

on the job, Special Agent Jennifer Swierk, a former military police officer and now a CID special agent at Fort Stewart, Ga., says she became an agent because she wanted a challenging career in law enforcement, but more importantly, she wanted to serve and protect her fellow Soldiers.

"CID was something I was familiar with prior to even joining the military," Swierk said. "As an MP (military police officer) I worked with CID and realized it was the type of job I would thoroughly enjoy. I recognized I wanted to be a part of something bigger than the MP world. I cannot think of any other job in the Army I would rather be doing."

Applicants must be able to speak and write clearly, have suitable character established by a Single Scope Background Investigation - leading to a top-secret clearance, no record of unsatisfactory credit and no felony or court-martial convictions.

Lastly, applicants must be able to complete 36 months of service obligation upon completion of the CID Special Agent Course.

To apply, contact the Fort Sam Houston CID office at 221-0050, or go to <http://www.cid.army.mil> for additional information.

*(Source: U.S. Army Criminal Investigation Command Public Affairs)*

## TRICARE offers transitional health care for 180 days

By Sharon Foster  
TRICARE Management Activity



When service members leave active duty, TRICARE offers a transitional health care option for eligible beneficiaries and their families while they look for new health coverage.

Transitional Assistance Management Program (TAMP) is designed to extend TRICARE eligibility for sponsors and their family who involuntarily separate from the military prior to retirement. When separating from active duty, the sponsor and family lose TRICARE eligibility.

However, TAMP permits individuals in certain categories to retain TRICARE coverage at no cost.

The beneficiary categories include:

- Sponsors involuntarily

separated under honorable conditions

- National Guard or Reservists members separated from the military, following an active duty period of more than 30 consecutive days in support of a contingency operation
- Sponsors separated from the military, but involuntarily retained for reserve duty
- A sponsor who separates from active duty, following a voluntary agreement to stay on active duty status for a period of less than one year
- A sponsor who receives a sole survivorship dis-

charge

• A sponsor who is separated from active duty who agrees to become a member of the Selected Reserve of the Ready Reserve of a reserve component

A sponsor is not eligible for TAMP while on terminal leave, permissive temporary duty or authorized excess leave.

To ensure continuity of coverage during the TAMP period, it is essential that the beneficiary and family members information in the Defense Enrollment Eligibility Reporting System (DEERS) is current. Go to <http://www.tricare.mil/deers> to update information.

If a beneficiary qualifies, the 180-day TAMP period begins the day after the date of separation from active duty. Under TAMP the sponsor and family members are

automatically covered under TRICARE Standard and Extra.

If a beneficiary lives overseas, he or she gets coverage under TRICARE Overseas Program (TOP) Standard. During TAMP, the beneficiary and family members are covered as active duty family members and all rules for that beneficiary category apply, including any applicable deductibles, cost-shares and copayments. For program cost information, visit <http://www.tricare.mil/costs>.

If a beneficiary is eligible for care under TAMP and has a newly diagnosed medical condition that is related to active duty service, he or she may qualify for 180 days of care for the specified service-related condition. For more information, visit <http://www.tricare.mil/tcsr>.



By C. Todd Lopez  
Army News Service

Active duty Soldiers and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill.

Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding.

Additional benefits to servicemembers and veterans include reimbursement of fees for exams used for admis-

## Free books for active duty under G.I. Bill changes

sion to colleges. Such exams include the ACT, GMAT or SAT. Changes to the bill also mean reimbursement for more than one licensing or certification examination.

Additionally, there are expanded benefits for non-college degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training.

"I think the great thing about these changes (is) that it brings a lot more training options under the umbrella of this already robust program," said Keith Wilson, director of

See GI BILL, P23



# Local 'Rising Star' takes home \$500, advances to Army finals

By Deyanira Romo Rossell  
502nd FSS Marketing

Air Force Staff Sgt. Octavia Nickel will represent Fort Sam Houston when she competes against winners from installations around the world in the Veteran's of Foreign Wars-sponsored Operation Rising Star singing contest.

Nickel won the local competition at the Hacienda Recreation Center Aug. 18 by forgetting her fears to take the stage against 18 other singers who sang a cappella in front of the judges and a packed house.

Nickel and six others then moved to the final round, taking their turn on the stage with a musical accompaniment.

"I thought I might be



able to place, not win," Nickel said. "There is so much talent here tonight, especially now that we are a joint base."

Nickel won the competition singing the Melissa Etheridge song "Come To My Window."

Second-place honors went to a wounded warrior, Sgt. 1st Class Mark

Williams, who sang Sam Cook's "Change Gone Come." The father of six took the judge's advice from the first round and gave a crowd-pleasing performance of Luther Vandross' "Never Let Me Go" in the second round.

"I listened to their constructive criticism and used it to improve my performance in the final round. I know to listen to the judges, because I can always improve," Williams said. He took home \$250 for his second place finish and an extra dose of confidence to keep at it.

Ashley Postma earned her \$100, third-place finish, singing "Think of Me" from "Phantom of

Left to right-Winners of the Operation Rising Star singing contest, Army Sgt. 1st Class Mark Williams, 2nd place, Ashley Postma, 3rd place, Octavia Nickel, 1st place and Ben Paniagua, the director, producer of the show and the manager of the Hacienda Recreation Center.

Photos by Deyanira Romo Rossell  
the Opera."

Postma, a military wife, said her goal was to make it to the finals.

"The money is going to the baby," Postma said.



Military wife Ashley Postma won third place singing opera at the Operation Rising Star singing contest at the Hacienda Recreation Center.

"I found out right after I signed up for Operation Rising Star that we are expecting our first child."

Three judges, Miss San Antonio 2011 Domonique Ramirez, James Walker of Jim Walker Productions and Antonio D. Vasquez with the Veterans of Foreign Wars took turns critiquing the contestants.

Ramirez also graced the stage during the intermission and sang a Mexican ballad, "Tu Solo Tu."

"The VFW is veterans helping veterans," said Bob Antczak, the chief of staff with the VFW District 20. "We need more, younger guys to join the VFW, because we older guys aren't going to be around forever."

The Hospitalmen Class 180 A and B won the Spirit Award for having the most representation at Operation Rising Star.

From the 37 installations worldwide that hosted the singing competition, 12 contestants will move on to the Operation Rising Star finals which will be held in San Antonio Nov. 12, 14, 16, and 18.



Miss San Antonio 2011 sings a Mexican ballad, "Tu Solo Tu" during the intermission of the Operation Rising Star singing contest at the Hacienda Recreation Center, which she also judged.



Army Sgt. 1st Class Mark Williams won second place in the Operation Rising Star singing contest at the Hacienda Recreation Center.



Air Force Staff Sgt. Octavia Nickel gives the performance of her life in the finals of the Operation Rising Star singing contest at the Hacienda Recreation Center, to take first place and advance to the Army Wide Finals.

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:  
Monday-Friday 6:15-8:15 a.m.,  
weekends and holidays 8-9:30  
a.m.

Friday – Aug. 26

**Lunch – 11 a.m. to 1 p.m.**  
Chicken gumbo soup, cream of  
potato soup, jaegerschnitzel with  
mushroom gravy, breaded catfish,  
chicken cordon bleu, grilled  
citrus chicken breasts, vegetable  
stuffed peppers, noodles Jefferson,  
German potato griddles cakes,  
macaroni and cheese, peas and  
celery, red cabbage with sweet  
and sour sauce, corn on the cob  
**Dinner – 5 to 7 p.m.**

Bombay chicken, barbecued beef  
cubes, grilled pork chops, red  
beans and rice, oven browned po-  
tatoes, steamed rice, honey Dijon  
vegetables, yellow squash

Saturday – Aug. 27

**Lunch – noon to 1:30 p.m.**  
Beef noodle soup, cream of  
mushroom soup, Greek lemon  
turkey pasta, tropical baked pork  
chops, Cajun baked catfish fillets,  
mashed potatoes, macaroni and  
cheese, hopping john rice, cauli-  
flower, collard greens  
**Dinner – 5 to 6:30 p.m.**

Herb baked chicken, meat loaf,  
stuffed fish, manicotti with sauce,  
rice pilaf, potatoes au gratin, car-  
rots, asparagus

Sunday – Aug. 28

**Lunch – noon to 1:30 p.m.**  
Vegetable soup, cream of broccoli  
soup, orange chicken stir fry, ham-  
burger yakisoba, vegetable egg

rolls, vegan pierogy with marinara  
sauce, spaghetti with meat sauce,  
steamed rice, mashed potatoes,  
green beans with mushrooms,  
vegetable stir fry

**Dinner – 5 to 6:30 p.m.**  
Sauteed shrimp, steak ranchero,  
hamburgers, cheeseburgers, bar-  
becued pork sandwiches, grilled  
cheese sandwiches, vegetable  
burgers, mashed potatoes, baked  
beans, steamed rice, broccoli,  
sauteed mushrooms and onions,  
baked sweet potatoes, corn on  
the cob

Monday – Aug. 29

**Lunch – 11 a.m. to 1 p.m.**  
Cream of chicken soup, French  
onion soup with croutons, beef pot  
pie with biscuits, chicken wings  
honey cooked, baked cod, bean  
burritos, chicken lasagna, jalapeno  
potato wedges, Kansas medley,  
calico cabbage, mixed vegetables  
**Dinner – 5 to 7 p.m.**

Asian barbecued turkey, roast  
turkey, beef enchiladas, beef ravi-  
oli, Italian broccoli pasta, refried  
beans, mashed potatoes, garlic  
roasted potato wedges, carrots,  
green beans

Tuesday – Aug. 30

**Lunch – 11 a.m. to 1 p.m.**  
Tortilla soup, cream of mushroom  
soup, roast pork tenderloin,  
herb Cornish hens, beef fajitas,  
broccoli-rice- cheese, O'Brien  
potatoes, wild rice, Mexican rice,  
California Normandy combo, pinto  
beans, French-style green beans  
**Dinner – 5 to 7 p.m.**

Oven fried chicken, roast beef,

Mexican baked chicken, vegetarian  
nuggets, baked redskin potatoes,  
steamed rice, Spanish rice, yellow  
squash, turnip greens, refried  
beans with cheese

Wednesday – Aug. 31

**Lunch – 11 a.m. to 1 p.m.**  
Potato chowder soup, beef noodle  
soup, savory baked chicken,  
Italian rice and beef, apple-glazed  
corned beef, pasta primavera,  
caviar medley rice blend, parsley  
red potatoes, cabbage, broccoli,  
carrots

**Dinner – 5 to 7 p.m.**  
Braised beef and noodles, ginger  
teriyaki fish, buffalo chicken  
wings, rice frittata, potatoes and  
herbs, brown rice, green bean  
combo, asparagus

Thursday - Sept. 1

**Lunch – 11 a.m. to 1 p.m.**  
Asian stir fry soup, cream of  
mushroom soup, Cantonese spare-  
ribs, barbecued chicken, Swedish  
meatballs, grilled turkey patties,  
cheese enchiladas, steamed rice,  
fried rice, parsley red potatoes,  
hacienda corn and black beans,  
vegetable stir fry

**Dinner – 5 to 7 p.m.**  
Chicken parmesan, baked  
spaghetti, spinach lasagna, sweet  
and sour pork, whole wheat pep-  
peroni pizza, steamed spaghetti,  
rice pilaf, Italian baked beans,  
oven-browned potatoes, succotash,  
broccoli, cauliflower au gratin

*Menus are subject to change  
without notice*

## Force Support Squadron

Family & MWR

### Announcements

#### Bird and Small Game Hunting Permits

Permits for bird and small game hunting are on sale now. The Cost is \$50. Requirements are DOD ID card; hunter education card; make, model and caliber of weapon(s); and vehicle registration. Call 295-7529/7577.

#### Missions Baseball Tickets

The MWR Ticket Office has free Missions Baseball tickets for the 7:05 p.m. game Aug. 31 at Nelson W. Wolff Stadium. Call 224-2723.

#### SKIESUnlimited

Sign up for September classes in now, including guitar and piano lessons, Spanish and art classes and more. Call 221-3381 or 771-2148 for information.

#### Rambler 120 Team Challenge

The Rambler will begin at 6 a.m. Oct. 15 at Joint Base San Antonio Recreation Park at Canyon Lake. Event includes a 22-mile bike ride, six-mile run, two-mile raft trip and

a mystery event, register by Sept. 30. Call 652-6508 or visit <http://randolphfss.com>.

#### Event Catering

The Sam Houston Club is available to cater events at the club or your location. Call 224-2723.

#### Before and After School Care

Registration is underway at Parent Central, 2010 Stanley Road, Building 2797. Call 221-4871 for information.

#### HIRED! Program

Now accepting applications through Sept. 12 for children 15-18 years old. Call 221-3164 for information.

#### Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

#### Youth Fall Sports

Register now at Parent Center in the Roadrunner Community Center, Building 2797 Stanley Road, for football, cheerleading and soccer. Call 221-4871.

#### Microsoft Office Classes

Aug. 25 – PowerPoint Level 2  
Aug. 31 – Access Level 2  
Sept. 1 – Introduction to Computers

Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

#### Central Post Gym

The Central Post Gym is closed until February 2012 for renovation.

#### 32nd Medical Brigade Gym

The Brigade gym is open Monday-Friday, 5 a.m.-9 p.m., closed weekends and holidays.

#### Men's and Women's Varsity Basketball

Coaches and players are needed, register at the 32 Medical Brigade Gym, Building 1281 Garden Road by Aug. 26. Call 221-3003.

#### Scuba Classes

Two-week course, Tuesdays and Thursdays, 6-8 p.m. at the Jimmy Brought, Building 320 Wilson Road. Certification class at Canyon Lake. Cost is \$250. Call 221-1234 for information.

#### Zumba Classes

Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 808-5709. The Jimmy Brought Fitness Center offers classes Mondays and Wednesdays at 5 a.m. and Thursdays at 5:30 a.m. Call 221-1234.

#### Bowling Specials

Specials include Wednesday nights, all you can bowl from 5-9 p.m. for \$20. Advanced Individual Training students can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center, Building 2521 Schofield Road. Call 221-3683.

#### Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

#### Movie Schedule

**Aug. 26**, "I am Number Four," rated PG-13 at the flagpole

**Aug. 27**, "Gnomeo and Juliet," rated G at Dodd Field  
Sept. 9, "Mars Needs Moms," rated PG at the flagpole

**Sept. 23**, "Thor," edited, rated PG-13 at the flagpole

**Sept. 24**, "Rango," rated PG-13 at Dodd Field

**Oct. 7**, "Shrek: Forever After," rated PG at the flagpole

**Oct. 8**, "Soul Surfer," rated PG at Dodd Field

Movies begin at dusk, around 8:30 p.m. Bring lawn chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

### Calendar of Events

#### Aug. 25

##### Battlemind Pre-Training for Families

The training is 2:30-4:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### Aug. 27

##### 5K Fun Run/Walk

The event begins at 7 a.m. at the Jimmy Brought Fitness Center. T-shirts are \$10. Call 221-1234.

#### Aug. 28

##### Heart of Texas Triathlon

Event starts at 6:30 a.m. at the FSH Aquatic Center, Building 3300 Williams Road. Call 221-1234 for registration information.

#### Aug. 29

##### Instructor Training Course

The course is Aug. 29-Sept. 1, 8 am.-3 p.m. at the Dodd Chapel. This class allows students to receive a certificate as an instructor and as Facilitator for the November 2011 Armed Forces Action Plan Conference to be held in November. Free to military ID cardholders. To register, call 221-1611.

#### Aug. 30

##### Mandatory First PCS

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

#### Newcomer's Extravaganza

This event is 9:30-11 a.m. at the Sam Houston Club. The Newcomers'

**See MWR, P23**



### Announcements

#### Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11 Kilometer (about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military with ID card, fee includes T-shirt. Call 295-7697 for information.

#### Tobacco Quit Line

The Wilford Hall Tobacco Quit Line research study is available to active duty members, Reserve, Guard, retirees and dependents. This research study aims to assess the effectiveness of a tobacco quit

line in the military. The research project includes telephone counseling sessions and nicotine patches at no cost to the participant. Call 1-877-726-6211 for information.

#### Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

#### Defend Your Heart Research Study

The Center for Nutrition Research is conducting a process evaluation of a web-based nutrition education program to reduce cardiovascular disease risk among DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200 mg/dL and elevated LDL above 100

mg/dL, currently not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile. Call 221-6274 or 719-310-6708 for information.

#### Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://pow-ertalkinternational.com/>.

#### Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association

meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

#### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

#### Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must

be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

#### Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

### Calendar of Events

#### Aug. 31

##### Free Health Fair

Adults and seniors are invited to get information about their health and improve their quality of life by attending a free health fair from 9 a.m.-noon at Lions Field Adult and Senior Center, 2809 Broadway. Call 826-9041 for more information.

#### Sept. 17

##### Pet Vaccination Clinic

The Fort Sam Houston Veterinary Treatment Facility will offer a vaccination clinic 8:30-11:30 a.m. at their facility, Building 2635, 2915 Schofield Road. All canine and feline vaccines, heartworm and FeLV/FIV tests, microchips and fecal exams will be available for pets of active duty, retirees and military family members. Appointment can be made starting the first week in September, call 808-6101/6014.

#### Sept. 19

##### Warrant Officer Association meeting

The Lone Star Silver Chapter will held a meeting 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. Call 221-7327 or 666-9818.



## GI BILL from P19

education service at the Department of Veterans Affairs.

New enrollees in the program will also find that if they are entitled to the housing allowance (active duty and their spouses are not) they can receive that benefit while enrolled in certificate or other non-college degree programs or even long-distance learning.

Those enrolled in distance learning could receive up to 50 percent of the housing allowance provided to those who enrolled in on-campus education programs.

The housing allowance for those in resident training is now prorated based on a student's course load. A student taking a course load that is approximately 80 percent of what a school deems "full time," would receive 80 percent of the housing allowance.

Housing allowance for an in-resident student taking a full load is

equivalent to the basic housing allowance for an E-5 with dependants.

Additional changes to benefits under the bill include elimination of housing payments for even short gap periods between enrollments. In the past, during the less-than-one-month breaks between semesters, beneficiaries could continue to receive housing payments. But that is no longer the case, Wilson said.

Wilson added that, when beneficiaries did receive housing payment between enrollments, they were actually burning up part of their benefits. The bill provides for 36 months of benefits.

If a student was getting just housing benefits for the nearly one-month period between the fall and spring semesters, for instance, that would burn up a month of benefits.

A summary of recent changes to the Post-9/11 G.I. Bill can be found at [http://gibill.va.gov/benefits/post\\_911\\_gibill/Post911\\_changes.html](http://gibill.va.gov/benefits/post_911_gibill/Post911_changes.html).

## MWR from P22

Extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. All are welcome to attend. Call 221-2705/2418.

### HUGS playgroup

This playgroup for parents and children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Building 2515 Funston Road. Registration is not required. Call 221-0349/2418.

### BEAMS a.m.

A new session begins Aug. 2 from 11 a.m.-12:30 p.m. at the Red Cross Building 2650. Classes will be held Tuesdays through Oct. 4. Call 221-0349.

### Baby Talk

The new parent support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks are provided. Call 221-0349/0655.

### Aug. 31 New Parent Support Orientation

The class is 2-3:30 p.m. at the Roadrunner Community Center,

Building 2797. The class offers one-on-one pregnancy and parenting education, parental role models, deployment support, mentoring and more. Call 221-0349/0657.

### Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

### Sept. 1 "Noises Off"

The concept is a play within a play. Dinner will be served at 6:15 p.m. with 8 p.m. show time at the Harlequin Dinner Theatre. Call 222-9694.

### Sept. 24 BOSS End of Summer Bash

Better Opportunities for Single Service Member will hold an end of summer event 5-9 p.m. at Benner Barracks. Call 221-4242.

### Oct. 1 Doggie Dip

The doggie dip is 10 a.m. at the Fort Sam Houston Aquatic Center, Building 3300 Williams Road. Call 221-4887.



**For Sale:** Bowflex Motivator 2 home gym, \$300; 36-inch wide student desk, \$20. Call 653-5302.

**For Sale:** Children's school table, 3 feet by 2 feet. Call 875-1601.

**For Sale:** Rascal electric leg lift wheelchair, never used, instruction manual included. \$1,000 obo. Call 661-3765.

**For Sale:** 2002 Toyota Solara SLE convertible, red with beige top, beige leather interior, power top, windows and locks, six-disc CD/cassette, garaged, well maintained, 123K miles, \$6,500 obo. Call 861-0223.

## REMINDER CALENDAR

- Aug. 25** Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle
- Aug. 26** Women's Equality Day, 10:30-11:30 a.m., Roadrunner Community Center
- Aug. 27** 5K Fun Run/Walk, 7 a.m., Jimmy Brought Fitness Center
- Aug. 30** FSH Newcomer's Extravaganza, 9:30 a.m., Sam Houston Club
- Sept. 7** 502nd ABW Active Shooter/Mass Casualty Exercise
- Sept. 10** 2011 Freedom 1 Mile Walk & 5K Run, 8:30 a.m., Jimmy Brought Fitness Center